



## Fall Prevention Resources

### ***The Joint Commission***

Falls have accounted for approximately 5% of sentinel events reviewed by JCAHO since January 1995. Most of the reported falls have occurred in 24-hour care settings. Approximately half of the falls have involved individuals over the age of 80. A significant proportion have involved individuals who had altered mental status as a result of acute or chronic illness.

Beginning in 2005, and continuing in both 2006 and 2007, JCAHO has included fall reduction in their annual National Patient Safety Goals. Falls are included in the 2007 Hospital/Critical Access Hospital National Patient Safety Goals under:

***Goal 9 Reduce the risk of patient harm resulting from falls.***

***Goal 9B Implement a fall reduction program including an evaluation of the effectiveness of the program.***

Joint Commission Resources (JCR) offers practical strategies and helpful solutions for meeting Goal 9:

- Install bed alarms or redesign bed alarm checks and tests.
- Install self-latching locks on utility rooms.
- Restrict window openings.
- Install alarms on exits.
- Add fall prevention to education of patients, residents, or individuals served.
- Improve and standardize nurse call systems.
- Use "low beds" for those at risk for falls.
- Revise staffing procedures.
- Counsel individual caregivers.
- Create a fall prevention committee to assess new individuals or patients for fall potential; to regularly review falls, evaluate interventions, and look for trends and patterns; and to communicate their findings to other staff.

For information on all 2007 National Patient Safety Goals and resources on how to meet these goals please visit the Joint Commission website <http://www.jointcommission.org>.

Sources: Joint Commission: Perspectives on Patient Safety, June 2003, Volume 3, Issue 6. <http://www.jcipatientsafety.org/show.asp?durki=12243>.  
Joint Commission Resources: Joint Commission National Patient Safety Goals: Practical Strategies and Helpful Solutions for Meeting These Goals, 2006. <http://www.jcrinc.com/subscribers/patientsafety.asp?durki=7916>. Copyright 2007 Carroll Hospital Group.